



Healthy Mashed Potato Salad

Add a bonus - an extra serving of cauliflower

1-1/2 pounds petite gold potatoes with skins, quarter or halved

Boiling salted water as needed

1/2 head cauliflower

1/4 cup heavy cream or coconut cream

1 Tablespoon unsalted butter

1/4 teaspoon (each) garlic powder; onion powder

1/4 to 1/2 teaspoon Italian seasoning

1/4 teaspoon ground black pepper

1/2 cup shredded cheddar or Italian blend cheese

Toppings: 1/4 cup chopped red bell peppers; 2 Tablespoons chopped sweet pickles; 1 Tablespoon minced chives

- Place potatoes in a large pot; cover with salted water; bring to a boil.
- Chop or break cauliflower into florets; add to the pot on top of the potatoes. Boil for 8 to 10 minutes or until cauliflower is tender. Remove cauliflower with a slotted spoon to a large bowl. Mash the cauliflower into small pieces; set aside.

- Continue boiling the potatoes for another 8 minutes or until potatoes are fork tender. With a slotted spoon, remove the tender potatoes to the large bowl and mash lightly.
 - Add heavy cream, butter, 1/4 cup potato water, combined garlic powder, onion powder, Italian seasoning, and black pepper. Mash to preferred consistency; stir in the shredded cheese.
 - **Note:** This can be served hot or chilled in the refrigerator until serving with add-ins as a potato salad.
 - For room temperature potato salad: Let mashed potato combo come to room temperature; stir in chopped bell peppers, sweet pickles, and minced chives. Other add-ins can be stirred in as desired.
- Yield: Serves 4

Recipe Inspired by: Carmen Romano; Bill Penzey *LOVE- Cauliflower Smash Up* booklet

About the Recipe: This recipe is a tasty way to sneak an extra serving of veggies into the evening dinner. Everyone loves mashed potatoes and combining them with cauliflower adds a vibrant flavor note as well as a healthy touch. While we added chopped bell peppers, pickles, and minced chives, you can add any add-ins that you love.